

The Grapevine

U. S. Naval Hospital
Okinawa, Japan

Our tradition of compassion and care continues...



Spring 2013



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Notes from the Captain's Desk

Captain Pius A. Aiyelawo, Commanding Officer, U.S. Naval Hospital Okinawa

It is my pleasure to welcome you to our latest edition of Grapevine, our Command Newsletter.

On April 30, we held a ribbon cutting ceremony to officially mark the opening of our replacement hospital. The ceremony for many of us marked the "finish line" for the first phase of the project, encompassing everything from the initial design phase to the inpatient move and everything in between. The second phase (Blood Bank and BOQ) is scheduled for completion in the spring/summer of 2014 and the final phase

signing the hospital complex; clearing out the old military housing area; breaking ground at the construction site; constructing the building and support structures; installing and testing systems; outfitting; and finally the transitioning from Camp Lester.

The common thread throughout the entire project was that there were exceptional *people making things happen*. Some were in the limelight; others were working quietly behind the scenes. In many cases, military, civilian, and contract personnel performing support functions essential to the project were not even on this island. They were instead assigned to offices, workshops, and loading docks thousands of miles away. I am truly proud to have been a part of this enormous undertaking, and I am also honored for the privilege to lead our command through the transition period - the planning and execu-

tion of this historical move. We are very thankful to the Government of Japan for building this replacement hospital that will allow us to continue to meet the needs of our warfighters and their families.

However, the story doesn't end there. The ribbon cutting is also a starting line of sorts. To paraphrase Chaplain



Cometa, our Command Chaplain, on that warm Tuesday morning we greeted the dawn of a new era for USNH Okinawa. Current fiscal realities will define the environment we will have in the coming years and provides us the impetus for to

redouble our focus on our Surgeon General Priorities: Readiness, Value, and Jointness.

I am confident that the future of USNH Okinawa is in the best of hands and we are going to continue our great tradition of caring, quality and compassionate care to all entrusted to us.

Thank you for your service and outstanding contributions to our safe and seamless transition to Camp Foster. We are truly a great command because of our people – Sailors, Soldiers, Airmen, Marines, Civilians and Local National Employees, Contractors, and Red Cross Volunteers

But never forget that it all comes down to one thing: *people making things happen*.



USNHO staff members in formation with the U. S. state flags at the hospital ribbon cutting ceremony Apr. 30. Each member of the flag detail carried the flag of his or her home state. U. S. Navy photo by CS2 Danilo Aungon/RELEASED

(Preventive Medicine) is scheduled for completion in June 2015.

More importantly, the ribbon cutting was a celebration to recognize the hundreds of people from countless organizations that have been involved over the last decade in taking this facility from a "Back of the Envelope Design" 12 years ago to the reality it is today. I cannot begin to count the number of people that were involved in this complex and historical project. The tasks were innumerable: de-



Capt. Aiyelawo, along with distinguished military and civilian guests cut the ceremonial ribbon officially marking the opening of the USNHO replacement facility on Camp Foster. U. S. Navy photo by CS2 Danilo Aungon/RELEASED

XO's Perspective: Charting Our Course

Captain Rick Freedman, Executive Officer, U.S. Naval Hospital Okinawa

Hoorah Shipmates! Our USNHO team successfully completed the remarkably complex task of relocating an entire hospital without any decrement in the delivery of quality care or significant interruption of patient services. A truly remarkable accomplishment made possible by the incredible commitment and dedication of the entire staff. In fact, the transition was executed so efficiently that it seems we have set the standard for executing a project like this and the entire team's efforts were noted and praised by the highest levels of leadership in Navy Medicine.

Now the "settling in" phase is underway as we acclimate to the new work environment and refine our processes to accommodate new spaces and equipment. However, with any good ship and any good crew, it is imperative that we plot our course well beyond what lies immediately in front of us. There are even more exciting times and challenges ahead.

Navy Medicine's mission is to enable readiness, wellness, and healthcare to Sailors, Marines, their families, and all others entrusted to us worldwide, be it on land or at sea.

How do we put that mission into action?

Before the transition, the CO called together your Board of Directors, SEL's and Special Assistants to chart our course through and beyond the transition. They came up with a *Prioritization Plan* with five key goals that are in alignment the priorities and focus of the Surgeon General, the Commander of Navy Medicine West and our Commanding Officer. The prioritized goals are:

Safe & seamless transition to the replacement hospital. Although the initial phase was com-

pleted on March 16th, there is still much work to be done as this is a phased construction project which will not be totally complete until 2015. We will need the same dedication and commitment from all staff to help see this goal through to completion.

Improve leadership. We will exceed the community standards for developing our staff. We will increase our certifications and advanced training, focus on providing effective mentoring, improving recognition and implementing and optimizing effective communication strategies.

Improve quality care & patient safety. USNH Okinawa has always provided exceptional care, but opportunities exist for continued improvement. To measure our progress we will focus on quantifiable, meaningful, realistic and useful indicators. Every member of the command must be committed to quality and be engaged every day.

Improve readiness. I challenge each of you to think beyond what traditionally gets defined as Readiness. Look beyond simple numbers and think about readiness in terms of what we have committed our professional lives to ensure: being prepared to deploy; caring for the Warfighter, both in theater and in garrison; caring for those who support us at home and to those who have proudly defended our country's freedom in past conflicts; and our being ready to respond immediately to local, national and worldwide calls for assistance.

Improve command stewardship. Taking care of our re-



sources is not only about good financial management. Stewardship also includes taking care of our staff, our facilities and all other aspects required to successfully operate this Facility. We will focus on collaborative re-

source sharing, effective resource management, and adopt and implement the best business practices throughout Navy Medicine.

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The Grapevine

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U.S. Naval Hospital Okinawa, Japan

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Chaplain's Corner: Looking out for each other

Lieutenant Commander Juan Q. Cometa, Command Chaplain, U.S. Naval Hospital Okinawa

Pastoral Care Services welcomes the new facility with high hopes and expectations. As I look back, my two and a half years here in Okinawa has been a challenging but very rewarding experience. It is challenging because I am working in a top notch hospital with a top notch crew that always performs at their peak. It is rewarding because of the countless ministry opportunities offered to us since I reported to this command.

As we hail the dawn of a new era with all the challenges and joys which fresh progress brings, I thank all of our shipmates for the "togetherness" which we have sensed across the miles. What makes our hospital great is our dedicated and top-notch crew. Many have come and gone but as we become familiar with the new hospital at Camp Foster, the doors of Naval Hospital at Camp Lester may close, but our legacy will endure as a caring hospital.

Luther Vadross once wrote a song, "A house is not a home when there no one there to hold you tight." Our new hospital is a great facility but without us, health care workers and providers that comprise the hospital, it is just a plain edifice if there is no one there to care. Also, one of our CO's priorities is **care for one another**. Our time-spent with each other at the hospital has blended for the closer bonding of our hearts and has been a means of strength and en-



couragement for us again and again. As we work together in our new facility, I pray that we continue to look out for each other as we serve those patients entrusted to us providing the highest quality of care.

Before long, countless patients often accompanied by their families and relatives will pass through the open doors of our new hospital at Camp Foster. For most of them, the caring and compassionate ministry of our healthcare staff will be eagerly sought for, while they

cling to life in all its fragility. We have unique and unequalled opportunities to reach out to these patients and their families.

The ancient philosopher Horace said in 1 BC, "Carpe diem, qua minimum, cedula potero." ("Seize the day, put no trust in tomorrow.") This is not to say we should not be concerned about the future but we do not need to be overly concerned about something we have no control over.

Each day offers many challenges and opportunities to excel in all areas of our life. How we take our mission seriously is our choice whether we do things half-heartedly or whole heartedly.

May we advance with our hand in His, for He is well aware of all that lies ahead and will provide the grace we need for each step of the way. May we all continue to **give** our best for God and our country.

JEA: Something for everyone in Okinawa

HM2 Christopher Peterson, Vice President, U. S. Naval Hospital Okinawa Junior Enlisted Association

So here we are, basking in post-transition glory. We have moved a whole hospital safely, executing a seamless transition for our patients. The project involved a lot of work -- taking inventories from top to bottom, packing, moving, and counting again. We even made the news when we closed our facility on Lester, and again for our Ribbon Cutting Ceremony on Foster. The exciting task of moving and opening is complete, and we are getting to know our way around this facility.

The question now looming in the back of our minds...now what?

Now is the time for us to look to ourselves and our shipmates and say: "How can I get involved?" Step outside of the comfort zone and take a chance. You might even make a difference in someone's life.

Now you have the chance to do what you have wanted to do but couldn't find time for during the transition. Recently, I decided it was time to become a certified scuba diver.

Diving isn't your thing? Contact MCCA, and plan a weekend trip. Read the Junior Enlisted Association (JEA) *Weekend Re-*

port. May is Pacific Islander and Asian American Appreciation Month. Volunteer and learn something new. Love animals? The Okinawan American Animal Rescue Society (OAARS) is always looking for volunteers. Get into the gym to prepare PRT and beach season.

There is something for everyone out there...you just have to look. The next time you say "I'm bored" remember that there are still sights that you have not seen, trips that you have not taken, and things that are yet to be discovered here on Okinawa.

OMBUDSMAN: We're better than ever

Christine Peterson, Command Ombudsman, U. S. Naval Hospital Okinawa

Think back to when you were a child, and it was time for a new pair of sneakers. You are smiling aren't you? Shopping for new sneakers was the ultimate experience. Going to the store, looking at all the colors and styles, and finding the one pair that you had to have! When you got them home (if you waited that long) they were out on the box and on your feet before your parents could put down their car keys. Bursting with pride, you were happy to show anyone that they made you jump higher, and run faster.

That was the transition for our staff. We could not wait to get into our new workspaces and try them on for size. Now that we are all moved in, the Staff of U.S. Naval Hospital Okinawa seems to be walking taller, smiling brighter, and

laughing just a bit louder. It must be their new work environment in a beautiful new facility!

The mission: a safe and seamless transition from Camp Lester to a replacement facility on Camp Foster.

As the transition loomed closer, as the Ombudsman I was afraid that I was going to see an influx of stressed Sailors in my office due to much longer work hours and many additional tasks added to their workloads. I have never been so happy to be wrong! Nothing has impressed me more than how our staff accepted the mission and came together as a single cohesive unit. Not only did



they accomplish their mission, but they also surpassed their goal. And they did so while looking out for the health and safety of our patients, themselves, and each other. Now that we have settled in here on Camp Foster, I

thought that as the "new hospital smell" began to fade, so would the high spirits and pride amongst our staff. I am happy to report once again that I am wrong. The transition has made our staff stronger, closer and more compassionate than ever. I am honored to be a member of the US-NHO Family, this transition, and a part of Navy history.



CAMP FOSTER—The staff of U. S. Naval Hospital Okinawa lowered the colors for the last time and officially closed the Camp Lester hospital facility during an evening colors ceremony March 25. TOP LEFT: Members of the U. S. Naval Hospital Okinawa Color Guard fold the colors and prepare the flag to be permanently cased (ABOVE). During his remarks, Commanding Officer Capt. Pius Aiyelawo recognized Magdalena "Maggie" Yoag (FAR LEFT) and Hiromi "Mimi" Oshiro (LEFT) for their history with the command. Ms. Yoag was present when the facility was commissioned as a U. S. Naval Regional Medical Center in 1977, and Ms. Oshiro has been a Master Labor Contract employee at the hospital since 1983. (Photos by HN Jason James)

Snapshots of “Day in the Life” training

U. S. Naval Hospital Okinawa Public Affairs



A collage of 12 photographs showing military personnel in various roles, including ambulance drivers, stretcher bearers, and medical staff, participating in a training exercise. The images depict different stages of the process, from loading a patient into an ambulance to providing medical care inside the vehicle. Personnel are seen in both military uniforms and civilian attire, working together to simulate a real-world emergency response. The scenes are set in a hospital parking lot and the interior of an ambulance, with various medical equipment and vehicles visible.

Magic Moments

Ms. Oliver was very helpful. She has such a wonderful spirit.

I wish to say a hearty thank you to **Lt. Cmdr. Ableman** and the staff of the **Recovery Room**.

They all went above and beyond my expectations. As an old Navy Seabee, coffee is an integral part of my life and the staff ensured I had coffee after the surgery. Thanks to all!

HN Acheampong helped me carry my lethargic and feverish child to the ER during a possible seizure scare. I cannot be more grateful for his kindness and professionalism when confronted with a difficult medical situation, thank you!

Mrs. L. Alvarez in Occupational Medicine was very professional with the way she treated me.

HA Livelsberger went above the call of duty in assisting me with getting an appointment and discussing the Podiatry options. He has a very positive attitude. Excellent Customer Service skills

The professional attitude of this young Sailor, **HN Booth**, was refreshing to experience,

Dr. Breshike was extremely helpful and professional. He took the time to explain, not just what was wrong, but why it was wrong. I appreciate his efforts

My 6 year old came in with a fractured elbow and needed a cast. **HM3 M. Brown** and **HN Hanaway** were great! Keep up the good work.

Three kids, three shots and no crying. An absolute first for my family. Thank you **HR Beemon** for making our trip to Peds such a positive one. You're the best!

HM3 Calderon went out of his way to help our staff at Optometry Clinic. He scheduled 4 of us for a BLS class for the following day after we contacted him. This meant that he stayed late on Friday afternoon to teach us the class. He did a fantastic job teaching us the material. We really appreciate his efforts.

HA Groda was very professional and her outstanding service made my day very smooth.

Ms. Clayton was extremely nice and polite and just awesome! Very soft-spoken and a beautiful spirit

HN Coffell's honesty and initiative should be commended. I left my wallet here and she made every effort to return it.

Lt. Cohn addressed all my mental and physical concerns she listened to all of my symptoms and went out of her way to rule out any possible medical problems. Now I an feel at ease about my health.

I had my 20 week ultrasound and It was a great experience. **HM2 Coloma** was really nice and explained everything so my husband and I understand. He had a great attitude and made us feel comfortable.

HM3 Cruz and **HM3 Hairston** went above and beyond to assist me with the medical screening portion of my transfer package.

I was a bit anxious about having a male do my personal care. **HA DeLong**, from the very start, eased those concerns. He is very professional and friendly.

Lt. j.g. Eddy and the rest of the Post Partum staff were very accommodating and kind. She was insightful in every aspect and I appreciate all of her efforts.

Navy Medicine is in great hands with **Lt. Cmdr. Edmonson** on staff! Highly professional, educated and no doubt, genuinely cares for her patients!

Cmdr. Feeser provided very fast service!

I was highly impressed with **HA Ferrell's** professionalism and knowledge. Thank you!

All of the **3 East staff** was very professional and kind. They were so friendly and made my stay here so comfortable.

I was especially impressed with **HN Frye** and his willingness to go above and beyond.

Magic Moments

Ms. Furman has excellent communication skills and was most helpful during my two procedures this morning!

Lt. Gaffney's attention to detail is superb. He cares for his patients and their family members. True professionalism, going above and beyond.

Each and every member of the **APU Staff** that assisted me with pre-op and my procedure were very professional and made me feel extremely welcomed. Everyone showed a sincere interest in my concerns and well-being. BZ to you all!

HA Hahn gave us exceptional care during our 2 day stay. He was very professional and exceeded our expectations.

Lt. Paulett was very professional and extremely helpful. He answered all questions very professionally and service was on time with very little wait.

Ms. Hanks helped me in my unusual situation. I appreciate her efforts to take care of me not only as a patient but as a person. She was sweet and kind.

Ms. Hotz made navigating the EFMP process of command sponsorship extremely easy. Her knowledge and pointers got the process done in two weeks. It was a great

Mr. Howard has gone above and beyond the call of duty to assist me in getting an appointment. He exhibits great customer service skills.

I came to Okinawa for pregnancy complications and **HM1 Ibe** and **HM3 Swift** were outstanding. Very responsive to all requests and helping us get comfortable in a new country and being away from home. Exceptional attentiveness.

HN Iwan went above and beyond to assist our new inbound Sailor with her paperwork. PCSing can be very complicated and stressful. Assisting with the little things makes all the difference in the world!

HN James was pleasant with a smile. His customer service skills were outstanding.

HN Jimenez was very professional while assisting me with my check out progress.

Lt. Cmdr. Fick and **Ms. Kaczmar** provided outstanding support in the control of my diabetes. Ms. Kaczmar gave constant attention to my sugar levels and regulating my medications. Lt. Cmdr. Fick answered all my questions and gave me 110% support during this critical time of my life.

Ms. Kean provided diligent assistance that relieved my pain tremendously. Most notable was her persistent yet delicate follow up.

My blood pressure meds were out of stock in the Pharmacy. **HN Kelly** personally called my doctor and made sure I got the meds I needed. Thanks for going above and beyond!

Mrs. Ordinario was friendly, professional and had outstanding customer service skills. She was very knowledgeable and precise as she helped me.

Neurology Department Rocks! **HM3 Kumano** called me and gave me an appointment the same day! From the check-in process to the consultation with the doctor, they were very professional and caring. Dr. Edmonson answered all my questions and concerns. Moreover, she gave me excellent advice for treatment and follow-up.

Mr. Leach provided excellent customer service in helping a new employee register for her E-Qip. After days of failed log-in attempts, Mr. Leach went outta his way to ensure she was able to complete her background check.

Finally, after all this time, I found the perfect doctor. **Lt. C. Lennon** has a wonderful bedside manner and did great with reassuring me when I had doubts. Thank you so much, Dr. Lennon. The Naval Hospital gained a valuable team member when they received you!

HM2 Mangubat is very helpful and the Radiology Department service is very quick.

Magic Moments submitted by Mr. Al Whitt, Command Customer Relations Officer

(N)ICE Comments from our patients

Positive ICE comments from our patients courtesy of the Family Centered Care Advisory Committee

HN Kulas' attitude, charisma, customer service, warmth and professionalism. Good Sailor to deal with or be around.

My wife and I had to visit the Orthopedic Department yesterday morning. Dr. Hardy and Corpsman Hana-way were very helpful, considerate, informative, courteous, and pleasant. My wife was in pain and she was handled with great respect and kindness. Their service was very patient serving!! Keep up the great work.

Better late than never, but I want to thank the whole TAD staff, especially Mr. Bui, for working with me and natural disasters that complicated my recent TAD. I was scheduled to leave on a day when a typhoon was forecast to hit. Mr. Bui and Mr. Martinez jumped through hoops and stayed after their normal times to ensure that I would be able to attend training. Thanks a million! Also, after the TAD, Ms. R. Shimabukuro and Ms. Hotz made the normally confusing process of submitting paperwork easier by being professional and very approachable for any questions I had. Thank you all!!

I would like to thank the staff at the Pain Management Clinic for the care they have provided. I am deeply appreciative for all that they have done for me in treating my chronic pain.

HN PowellDavis and Lt. Tran were great! Lt. Tran has taken such good care of me! She and all the staff are great! She took the time to find the problem! Love her!

We would just like to express our appreciation to HM1 Ringpis for taking the time to patiently listen to our concerns despite the demands of an overwhelming job and to respond in a pleasant, courteous and professional manner. Having to face such a large number of ill or injured patients who are impatiently waiting for their medication in a crowded waiting area is not a job for the faint-hearted. In our opinion, this individual merits some kind of medal.

I really enjoyed my appointment time with Nurse Mary spent at Bush Clinic. The service was awesome and the employees make me feel so comfortable and relaxed. I know that I am taken care of efficiently at Bush.

I just would like to thank Mr. Riley from the IT Department for always attending to all my computer access needs. I am new to my work place and my work entails a lot of access that I need in order for me to do my job for our patients and staff members on time. He's always been very professional, service is always on time and have a very good customer service. Good job and keep up the good work that you do for our command. Thanks.

Great service today. Ms. Morente and Ms. Harris did an excellent job

I want to commend Mr. Sotingco for his immense dedication to Marines on Okinawa. "JoJo" was the first person to give accurate and correct information on the procedures and requirements of the medical portion of overseas screening. He took time out of his schedule to personally deal with my problem and make sure a solution could be achieved, outlining the steps that I would need to take. In a process where no one cared, he even followed up and made sure that I was taken care of.

I would like to extend my deepest gratitude to the entire APU Team for caring for me during a recent procedure. From a patient's perspective, I was confident in the entire crew's ability and felt cared for. It's quite evident to me that the APU Team is fully committed in providing the highest level of care to their patients.

My wife and I visited the clinic on referral yesterday. HN Obero did our work & administered our shots. Really professional. Friendly. Thank you

We love Lt. Cmdr Beard-Irvine and her staff. Very wonderful to both of our children

HM1 Guerrero was very professional and friendly with his care.

Lt. Cmdr. DuFault was a great officer who took care of me. Also great service from Ms. Hoffman, very polite.

My wife and I visited the clinic on referral yesterday. HN Obero did our work & administered our shots. Really professional. Friendly. Thank you.

Making self care a priority

Lieutenant Jason Duff, U. S. Naval Hospital Okinawa Clinical Psychology Staff

As we congregated at the flagpole a few weeks back for “A Day in the Life” training I glanced to my right and looked out over Okinawa. As we gathered with our Commanding Officer I thought to myself that it was fitting that we sat high up on this hill and would have the opportunity each day to “look over Okinawa” for that is the exact purpose of this hospital. For years to come the Navy will continue to send its best and brightest to care for our most respected and loved: our Shipmates, families, and our retirees.

I took a moment to reflect as our new home began to come to life. We have all worked incredibly hard. This transition will make us better prepared to handle future challenges. As the excitement of ribbon cuttings and closing ceremonies wind down we must be even more vigilant in our attempts to maintain our psychological health. We cannot be fully engaged in the care of our beneficiaries and Shipmates if we do not take adequate care of ourselves. A sound self care regiment is needed for individuals to be fully engaged in the delivery of professional healthcare to the 55,000 beneficiaries here on this island. The delivery of these services is a process that will undeniably be rewarding and at times demanding.

Focusing on self care is to make personal health maintenance a priority. Adherence to a proper self care regiment includes giving precedence to sleep, nutrition, social relationships and exercise.

We must remember that discussing and focusing on our mental health it is not recognition of weakness but rather good insight. Moreover, it is our duty to keep ourselves “fit to fight”. We must remember that we are one team working towards common goals that include providing word class healthcare and maintaining mission readiness for our Troops.

Some simple self care tips to remember

Make sleep a priority. For most of us we have a finite wake up time. Move the time you retire the left to assure at least 7.5-9 hours of sleep per night.

Whenever possible plan to arrive at work 15 minutes early. This will decrease your anxiety and leave you better prepared to address early morning surprises.

Practice mindfulness on a daily basis. Mindfulness is a state of being actively and openly attentive to your present experiences. Simply stated, to be mindful is to live in the moment.

Try something new.

Consider yoga and meditation.

Do not skip meals.

Recognize when you need a break. Ask for help

and/or delegate when appropriate, that is, before you are overwhelmed.

Do not neglect “minor” medical issues as they may become more intense or persistent and further impair your ability to function effectively at work.

Make plans. Do not let another weekend slip by where you do the “same old same old.” Check the MCCS Okinawa or Kadena Force Support websites: <http://www.mccsokinawa.com/> <http://kadenafss.com/>

There are going to be times when work and life will undeniably be difficult. We will feel powerless and helpless. The trick is to step back and identify that which you can control in your efforts to mitigate the stress.

The Core Values of the United States Navy can guide our approach to self care.

Honor: we must conduct ourselves in the highest ethical manner in all relationships with peers, superiors and subordinates; be honest and truthful in our dealings with each other, and with those outside the Navy. Give your lifestyle an honest assessment and

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USNHO Sailor returns to birthplace as staff

Julia C. Weidner, U. S. Naval Hospital Okinawa Public Affairs

CAMP LESTER Okinawa, Japan – A lot has been said in the media recently about Boomerang Kids. Those are the adult children who return home after college or other life events. A member of the USNHO staff has put an interesting new spin on the idea of being a Boomerang Kid. HN Christopher Wheeler returned to the hospital, his place of birth, 19 years after he was born here.

Navy Hospital Corpsmen Noel and Brian Wheeler were stationed at Yokosuka Naval Base, and Noel was pregnant with twins. Multiple births were, and still are, often referred to U. S. Naval Hospital Okinawa for the facility's expertise in handling higher risk pregnancies and babies.

The Wheelers came to Okinawa and stayed at Camp Lester for three months before giving birth to Christopher and his fraternal twin brother Bradley. The Wheeler boys were born into a Navy family with ties to both Navy Medicine and Japan. Their great grandfather was also a Navy Corpsman serving in the Pacific during World War II.

Today Wheeler serves in in the Mother-Infant Care Center (MICC) at the U.S. Naval Hospital, Okinawa. Wheeler and his brother

were only one year old when his family left Japan, so neither remembers anything about their life in this country. He is piecing things together, though.

"I have actually seen the room where I was delivered," said Wheeler. "I saw my twin brother and I in the 'Book of Life'." The 'Book of Life' is the Labor & Delivery official log book where all births are recorded along with vital statistics. The particular book with the entry about Wheeler and his brother was found by the head of the Maternal Infant Care Center, Lt. Cmdr. Patricia Horn. She retrieved the book from archive when she heard Wheeler's story from Capt. Aiyelawo, USNHO Commanding Officer.

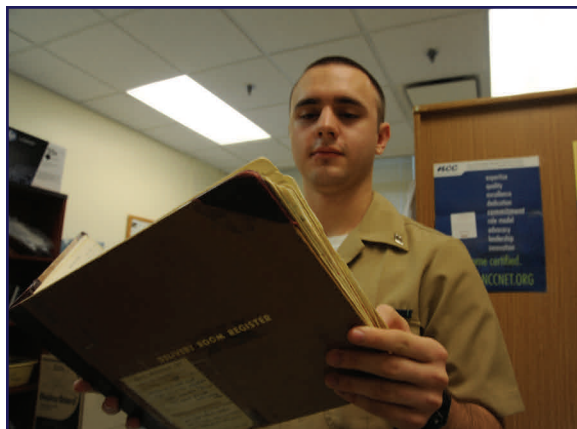
Horn thought to herself, "Let me see if we still have the delivery log," and searched for the document. "I found his name and we all kind of teased him about it," she said.

Kazumi Kinjo, a Japanese nurse that was working in Post Partum at the time Wheeler was born is still working there today. Now, Kinjo and Wheeler often

work at the same time.

So what do HN Wheeler's parents think of their son following in their footsteps?

"They are excited," Wheeler



HN Christopher Wheeler holds the L & D "Book of Life" that contains the entry of his birth at USNH Okinawa 19 years ago. (Photo by Julia C. Weidner)

said. "They had a lot of fun here. My mom was asking for Okinawa stuff. There are these scrolls they have at home from Okinawa, and I have seen them for sale at the Foster Exchange," he said.

Wheeler is not the only one born on that day to follow in the family tradition of service. His brother, Bradley, is a Yeoman with a squadron that Wheeler hopes will visit Okinawa someday during a Western Pacific deployment.

XO, (Continued from Page 3)

These objectives are the compass that will guide this command to achieve our mission and the CO's vision.

My challenge to you is to work with your leadership team to learn these goals that we wish to achieve, understand the measures that will mark our success and realize that your commitment, dedication and incredible efforts will keep us steady on course and will ensure that we continue to excel.

Self Care, (Continued from Page 11)

be willing to make any necessary changes.

Courage: in relation to self care we must have the courage to 1) be honest with ourselves when there are problems we must face; 2) make the right decisions; and 3) trust others in our times of need.

Commitment: in regards to

self care we must commit to being honorable and courageous. We must further commit to a lifestyle that is conducive to health and fitness in order to function at our highest levels.

Our Shipmates, families and retirees expect and deserve this from us.